



Pantry Partner

C / O North Dakota Community Action Association

MOSQUITOS!



Simple Facts ~150 species occur in the United States. ~A single female can lay over 200 eggs at a time. ~Mosquito eggs can survive for more than five years. ~All mosquitoes need water to complete their life cycle. ~Not all species bite humans; some prefer birds, others prefer horses, and some will even bite frogs and turtles.

~Only females take blood; males feed only on plant nectar.

Individual homeowners can do a lot to reduce mosquitoes in their yard areas.

- ✦ Remove water holding containers such as old tires, tin cans, buckets, drums, and bottles.
- ✦ Cover trash containers to exclude rain water.
- ✦ Clean clogged roof gutters and drain flat roofs.
- ✦ Empty wading pools at least once a week and store indoors when not in use.
- ✦ Properly care for backyard pools; schedule proper maintenance while on vacation.
- ✦ Change the water in bird baths and fountains at least once a week.
- ✦ Fill in or drain low areas in yards to discourage puddles.
- ✦ Keep drains, ditches, and culverts clean of weeds and trash to allow proper drainage.
- ✦ Repair leaky outdoor faucets and pipes.
- ✦ Trim shrubs and trees to discourage mosquitoes from resting on foliage.



Major Changes Recommended for WIC

Food packages for women, infants, and children in the WIC Program could be totally re-vamped next year, if the U.S. Department of Agriculture (USDA) heeds the advice of the National Academy of Science's Institute of Medicine (IOM) report issued on April 27, 2005. Food items in WIC have been essentially unchanged since the program began more than 30 years ago.

"Because scientific knowledge about nutrition has greatly increased since the WIC Program's inception, and the nutritional challenges facing families have altered significantly, it is definitely time for a change in the foods offered through WIC," explained Dr. Suzanne Murphy, a University of Hawaii professor and chair of the IOM committee. "We know more about the links between nutrition and chronic diseases, plus the nation is in the midst of an obesity epidemic," added Dr. Murphy. "Our proposed revisions would make it easier for participants to improve their diets and health."

Key changes would: offer fruits and vegetables for participants over six months; increase food choices by including yogurt, tofu, and soy milk; allow only milk with 2 percent or less fat for women and children over two years of age; mandate whole grain cereals, and include alternatives such as brown rice and tortillas. To keep the proposals cost neutral, the IOM recommended significantly cutting the monthly allotments of cheese and eggs and reducing the amount of juice and milk provided to participants.

Under a law passed by Congress in 2003, USDA will have 18 months to review the changes and issue final rules for their implementation. For additional details, see: <http://www.IOM.edu>

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Small Bites

Waste water: The average American uses 90 gallons of water per day, according to the Environmental Protection Agency. A European uses just 53 gallons, while a sub-Saharan African gets by on five gallons a day.

Sweet tooth: In 1967, Americans ate an average of 114 pounds of sugar and sweeteners a year, almost all of it as raw or refined sugar. By 2003 sugar consumption had risen to 142 pounds annually, with nearly half of it coming from high-fructose corn syrup.

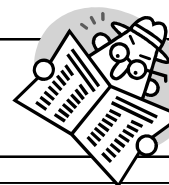
False sweet tooth: Cereal manufacturers are touting their "reduced sugar" versions, but most brands are replacing the sugar with sucralose, which increases total carbohydrates and leaves the number of calories unchanged.

More and less: Earlier this year, the U.S. Department of Agriculture's Economic Research Service (ERS) reported on the change in per capita consumption of various foods between 1970 and 2002. Milk and coffee were down by 32 percent, eggs by 18 percent, and red meat slid 14 percent. While consumption of cheese, poultry, and fats and oils increased 168, 109, and 63 percent, respectively.

Market share: Between 1953 and 2000, the share of total consumer food expenditures that went for marketing increased from 63 to 81 percent, according to ERS, with the bulk of the growth occurring since 1980.

Source:
www.communitynutrition.org

Grants....Grants....and more grants!



UPS Foundation

Agencies can apply for grants to support programs focusing on education, hunger, family or workplace literacy.

Deadline is September 1. For information call 404-828-6374 or visit their website:
www.pressroom.ups.com/mediakits/socialresponsibility/foundation/0,1387,,00.html.

Nutrition Program Grant-Partnership between schools and local nonprofits

The Allen Foundation supports educational nutrition programs, with priority given to training programs for children and young adults to improve their health and development.

Maximum Award: Past grants have ranged from \$2,000 to \$1 million.
Eligibility: Schools and school districts should partner with local nonprofits to form nutrition education programs.
Deadline: Ongoing.
<http://www.allenfoundation.org/>

PRESBYTERIAN HUNGER PROGRAM

The Presbyterian Hunger Program provides grants to programs addressing hunger and its causes in both the United States and abroad.

Grants support efforts in the following five program areas: direct hunger relief, development assistance, public policy advocacy and hunger education.

Eligible requests should benefit poor people, especially women, minorities or other disadvantaged groups.

Those benefiting should be involved in the planning and implementation of funded activities.

Info: <http://www.pcusa.org/hunger/grants.htm>

Want stats on your community?

MapStats is an interactive map-based website. You can quickly obtain a complete statistical profile of any state, county, or city. You can also obtain similar data for congressional and federal judicial districts. Plus, it's easy to use. Just go to: www.fedstats.gov/qf/



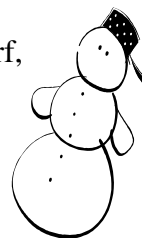
Think Theme Gift Baskets

Instead of trying to give individual gifts that seem substantial enough without breaking the budget, give family gifts. Think "theme gift basket." It can be as big or small as you want. Put everything in a basket, box or other appropriate container and add a card with the theme title. Here are some ideas, but once you start brainstorming, you won't be able to stop!



Movie Night - Include a family video or DVD, microwave popcorn, large plastic drink cups for the popcorn, cans of soda or packages of drink boxes, and a box of tissues if it's a tear-jerker.

Winter Fun - You may want to include a snowman kit (hat, scarf, carrot, buttons or coal for eyes and mouth), hot chocolate mix, mugs from the dollar store, peppermint sticks to swizzle in the hot chocolate, microwave popcorn or cookie mix, holiday paper napkins, and a jigsaw puzzle.

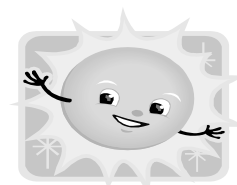
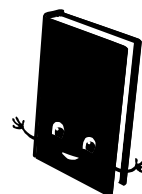


Cooking - Include a kid's cookbook, dry ingredients for one of the recipes, pertinent utensils such as cookie cutters, a wire whip and wooden spoons, and aprons for the kids from a craft store that you can paint cookie shapes onto with fabric paint. For the finishing touch, put everything into a mixing bowl.



Sundae Party - You may want to include ice cream bowls, scoop, toppings, sprinkles, a gift certificate for a half gallon of ice cream from your local ice cream shop, vinyl table cloth, and decorative paper napkins.

Story Time - Include children's story books, a small stuffed animal for each child, a small blanket for each child, and flashlight for each family member. Ask your local school if any of the teachers participate in book clubs and order from the pamphlets at reduced prices. They will be glad for the business because they get credit to use towards books for the classroom or keep your eyes open for bargain books at local bookstores.



SUN SCREEN

What to look for

The sun is at its strongest between the hours 10 a.m. and 4 p.m. This is when sun protection should be strongly advised. When buying a sunscreen or block look for:

Sun protection factor (SPF), which is labeled on every bottle. The SPF number indicates the length of time one can stay in the sun without burning. The higher the SPF number the more your skin is protected from the sun. Dermatologists recommend using lotion with an SPF of 15 or higher.

Active ingredients are what prevent UVA and UVB rays from harming your skin. Sunscreens or blocks should contain protection for both UVA and UVB rays. According the Food and Drug Administration, effective sunscreens and blocks should contain one or more of the following ingredients:

For Sunscreens

- Octinoxate
- Octisalate
- Oxybenzone
- Benzophenone
- Menthyl Anthranilate

For Sunblocks

- Titanium Dioxide
- Iron Oxide
- Zinc Oxide

Sunscreen/block should be applied about 15 to 30 minutes before going outside and reapplied every two hours, even on a cloudy day.

<http://www.lifespan.org/Services/Dermatology/SkinCare/sunscreen2.htm>





Inexpensive summer fun!!!

Kool-Aid Play Doh

2 1/2 cups of flour
1/2 cup salt
2 packages dry unsweetened Kool-Aid
2 cups boiling water
3 tablespoons oil



Mix the dry ingredients together in a bowl. Mix the liquids together and pour them over the dry ingredients. Stir the mixture until it forms a ball (this may take a while - keep stirring). As the mixture cools, it will become less sticky. After the mixture has cooled, take it out of the bowl and knead it until it is smooth.

Bubbles

Bubbles are an inexpensive and creative way to spend some time having fun. Make up a batch of this bubbles solution and use these tips to explore the world of bubbles.

Bubble Solution

1/2 cup dish soap or baby shampoo
4 1/2 cup water
2 tbsp. corn syrup or glycerin (optional)
1 drop food coloring

Combine ingredients and pour into an unbreakable bottle. Stir well but do not shake. Experiment with the solution. For stronger bubbles, add the corn syrup or glycerin, or add more dish soap. Prepare your bubble solution two or three days in advance for the best bubbles.

- You can blow bubbles with lots of different items. Try plastic straws, strawberry baskets from the grocery store, spoons with holes in them, colanders, and loops of string. Anything that you can blow through will work. The plastic rings that hold a six-pack of cans together, empty milk containers, or old pieces of hose or plastic tubing will work too. You can even try just using your hands formed into a circle, if you don't mind getting messy!

- Remember to blow gently. Blowing too hard will cause lots of small bubbles to form. Blow slowly to get a larger bubble. And make sure you are not holding the bubble wand too close to your mouth.
- Bubbles pop on dry surfaces. Make sure anything you use to make or catch your bubbles is wet first.
- Don't stir your bubble solution with the wand. This will create foam, which keeps bubbles from forming.

- Avoid very sunny areas or windy days. Bubbles like cool and humid weather and form well right after sunset. Try blowing your bubbles right after a rain-storm, when the air is full of moisture. You will find that your bubbles last a long time.



Information Request

For any additional information or to submit a news bit for the next newsletter, please complete this form and return it the address listed below.

Please send me additional information on:

- | | |
|--|--|
| <input type="checkbox"/> Community Action | <input type="checkbox"/> Food Gleaning |
| <input type="checkbox"/> Food Dialog Workshop | <input type="checkbox"/> Grant Opportunities |
| <input type="checkbox"/> Other: please specify | <input type="checkbox"/> Food Needs Assessment Study |

- ☐ I would like to contribute a story, or news bit for the next newsletter. Please contact me.

Comments:

NAME

ADDRESS

PHONE

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QUICK TIPS

Money Tip

Cooling your home can get costly during the summer months. To help cut your cooling costs and lower your energy bill, consider using portable or ceiling fans instead of your air conditioner on moderately warm days. When you do use your air conditioner, use a fan as well to help spread the cool air throughout your home. Use a programmable thermostat with your air conditioner to adjust the setting at night or when no one is home. Finally, don't place lamps or TVs near your air conditioning thermostat, as the heat from these appliances can cause the air conditioner to run longer.

**Home Tip**

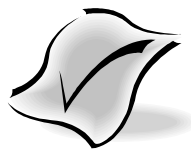
If you are interested in purchasing a new home, now is the time. The hot time to look for a new home is in the spring or fall. But in summer, there are fewer people looking, so you are able to get a better deal.



Since so many homes are listed in the spring, those still on the market by July and August offer better bargains than earlier in the year.

Car Tip

If you notice that your steering wheel shudders a lot, it probably means that your tires need balancing. Generally, the price of alignment is included in that of the tire balancing. If you still notice that your car quivers or swerves after your tires have been balanced, it can mean that you need front-end work.

**Safety Tip**

Lawn mowing is a necessary chore in the summer. To keep your family safe, remember that children younger than 16 should not be allowed on riding lawn mowers, and children under 12 should not use walk-behind mowers. Shoes should always be worn when mowing. Try not to pull the mower backwards unless absolutely necessary. Never touch a mower that still has its blades rotating.


**Organizing Tip**

When packing for summer travel, plan on bringing your oldest undergarments. Collect your worn-out socks and underwear for several months before the trip. When traveling, you can then wear them and toss them out. Not only will you save on laundry, but you will make room in your luggage for all those souvenirs you'll pick up on your trip.

Perfect Lemonade

Lemonade needs more than just lemons, water, and sugar. It also needs the right technique to make it perfect. Instead of just mixing the ingredients together, make a sugar syrup first. That way you will never have sugar floating down undissolved to the bottom of the pitcher.

To make a sugar syrup, bring one cup of water and 1-1/2 cups of sugar to a boil in a saucepan. Stir occasionally until the sugar dissolves. Let cool. To make lemonade, cut and juice 15 to 18 lemons to get 3 cups of juice. To this juice add the cooled syrup and 5 cups of cold water. Thinly slice one additional lemon and add the slices to your pitcher. To add a special touch to your lemonade add a few frozen strawberries to each glass.



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WE'RE ON THE WEB!
WWW.NDCAA.ORG

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